ON-THE-JOB EDUCATION
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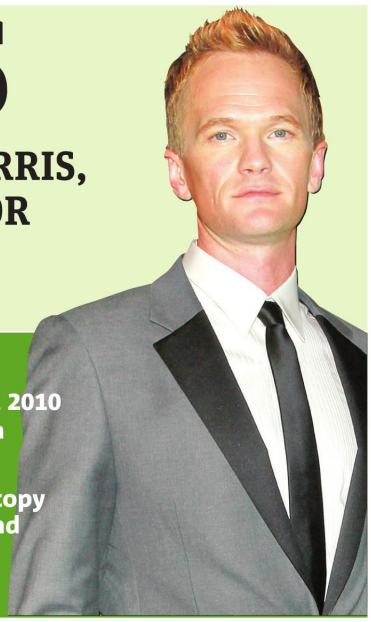
DISH {page 11}



VANCOUVER metro®
Tuesday, August 31, 2010
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Crossbow backers, opponents clash

The black bear bow-hunting season in the Lower Mainland runs from Sept. 1 to Sept. 9 Crossbow hunting is legal in Whistler as long as the hunter is licensed and is 100 metres away from a building occupied by people

SPENCER PLATT/GETTY IMAGES

▶ A black bear killed by hunters lies in the back of a truck. As the B.C. bear hunt nears, animal rights activists say crossbows should be banned. More coverage, page 4.

Tomorrow, crossbow hunters around the Lower Mainland will be taking to the woods for the first of nine days of regulated black bear bow hunting.

The issue of crossbows is at the forefront of the hunting debate after a Pemberton man shot a bear in a residential part of town on Aug. 21.

Have your say

▶ What do you think? Email us at vancouverletters@metronews.ca

Animal rights activist Glenn Gaetz, from Vancouver, said crossbows should be outlawed because they cause unnecessary suffering to the animal. But veteran hunter Dirk Schuirmann said when crossbows are shot properly, they kill instantly. ● KRISTEN THOMPSON AND VANESSA YEE

Local

City sees rise in sex assaults

Spike in first half of year runs counter to decrease in overall crime rate Chief partly blames popularity of entertainment district {page 3}

Honey, I froze the kids

Leukemia patient has sperm frozen before radiation treatment {page 12}

Clemens pleads not guilty

Trial set as baseball star denies perjury {page 25}

The work-life balance

Tips on how to protect your personal time {page 15}

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Charges laid in farm deaths

Almost two years after an industrial incident killed three and left two others with brain damage, charges against a pair of companies and their employees were sworn yesterday in Surrey provincial court.

A-1 Mushrooms Substratum Ltd. and H.V. Troung Ltd., as well as four owners, supervisors and company directors, were charged yesterday with 29 counts under the Workers Compensation Act and the Occupational Health and Safety Regulations.

Jimmy Chan, Han Pham and Ut Tran were killed in the Sept. 5, 2008, accident.

Two others, Michael Phan and Phuc Thang Tchen, suffered brain damage.

The five were overcome with gas or suffered a lack of oxygen in an enclosed space at a Langley mushroom farm.

Tracey Phan, whose father Michael Phan is still in a coma, noted the maximum sentence for the charges is six months in jail.

"I'm happy that the (charges) were given out, but I don't think six months is enough," Phan said yesterday at a news conference organized by the NDP. JEFF HODSON WITH FILES FROM THE CANADIAN PRESS

JEFF HODSON/METRO VANCOUVER FILE PHOTO

▶ Hue Dung Truong, wife of victim Phuc Thang Tchen, with former SUCCESS CEO Tung Chan in November 2008.

Party district blamed for rise in sex assaults

Number of sexual offences increased to 303 for the first six months of 2010, compared with 250 for the same period in 2009 Use of date rape drugs like GHB is on the rise, as is the number of people using ecstasy in clubs, VPD chief constable says

JEFF HODSON
@METRONEWS.CA

Sexual assaults in Vancouver jumped more than 20 per cent during the first half of 2010, the city's chief of police said yesterday as he unveiled the department's annual report.

The jump in sex offences follows a similar increase last year of almost 18 per cent and runs counter to the city's almost eight per cent decrease in criminal offences.

Chief Const. Jim Chu said the rise in popularity of Vancouver's entertainment district is partly responsible.

"There's more people ... drinking and partying in Vancouver," Chu said.

"And because you have more of those people, the type of crime that occurs in that environment also increases."

7

The city saw seven incidents of aggravated sexual assaults and seven more of sexual assaults involving a weapon or causing bodily harm. Both categories were up compared to last year.

"The majority of sexual assaults being reported to us do not fall in the category of aggravated assault or assault causing bodily harm."
JIM CHU, CHIEF CONSTABLE OF THE VANCOUVER POLICE DEPARTMENT

JEFF HODSON/METRO VANCOUVER

▶ Chief Const. Jim Chu and Mayor Gregor Robertson unveil the department's annual report yesterday at Vancouver police headquarters.

Kamloops mayor asks for patience in jail cell sex case

A report that two female prisoners had sex in an RCMP cell while jail staff watched via a video camera has people talking in Kamloops, including the mayor, who says the public will eventually be told what really happened.

Mayor Peter Milobar is asking people to be patient and not pass judgment until all the details are known.

Investigation

- The RCMP have said four Mounties are being investigated in relation to the incident.
- Three Kamloops city employees are also said to have been involved.

Milobar said he's unable to confirm reports that two women, one of whom might be HIV positive, were placed in the same cell Aug. 18 and began having sex.

It's been reported that RCMP and civilian jail staff watched the encounter on a video monitor for several minutes and did nothing to stop it.
THE CANADIAN PRESS

News in brief

Mayor calls for inquiry into missing women

CRIME. Mayor Gregor Robertson has asked Premier Gordon Campbell to call an inquiry into the city's missing women. He said he believes the premier is committed to moving forward with an inquiry. JEFF HODSON

U-Vic rabbits on the run after ruling

WILDLIFE. The University of Victoria will resume trapping and sterilizing feral rabbits. The B.C. Supreme Court yesterday set aside a court injunction that prevented the school from trapping bunnies that have overrun the university's campus.
METRO VANCOUVER

1 news

News on the move

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Controversy reignites for bear hunting season

Debate over crossbow use heats up In the Yukon, New Brunswick, Newfoundland and Nova Scotia, weapon is not a recognized hunting tool

Whistler residents and animal rights activists hoping to have crossbows banned before the start of the local bear hunting season tomorrow will have to wait a bit longer to find out if the municipality agrees.

Council is waiting for a report on the safety implications of using crossbows within municipal boundaries, and in the meantime, the annual black bear bow hunt will kick off as usual on Sept. 1.

Tomorrow

- **Metro examines the ecological pros and cons of bear hunting.**

Glenn Gaetz, a director at Liberation B.C. — a Vancouver animal rights group — said aside from the risk to humans, bow hunting is cruel to bears.

"Our position is there should be no hunting," he said. "In terms of killing devices, crossbows are much more likely to cause pain and distress. Bow hunting is actually worse for the animal than a gun."

But Dirk Schuirmann, a hunting guide at Bear Lake Guide and Outfitters in Prince George, said crossbows are humane when shot properly.

"If you make a good shot the animal dies instantly," Schuirmann said.

"The bows have to be a certain size, the arrow must be a certain shape and you can only hunt the big ones. If you make a poor shot, you have to go after the animal (to kill it)."

He said hunters should be responsible and aim for a quick kill no matter what weapon they use.

KRISTEN THOMPSON AND VANESSA YEE

Your thoughts

Aya Okubo
"I disagree with killing for sport. I can't believe they are killed in such a sick way with crossbows. It's sad."

Jack Linklater
"Crossbows are no more dangerous than a rifle, and as far as torture, it depends where you hit the animal."

oceaneclipse
why are we still allowing hunting? Have we not evolved from the hunter/gatherer phase yet?

JENNOFER O'CALLAGHAN

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Putin talks tough to press

Prime Minister Vladimir Putin disparaged Russian dissidents in crude street language in an interview yesterday, and said they would keep getting beaten if they continued to hold unauthorized rallies.

Putin also told journalists yesterday that it was "complete gibberish" that he continues to run the country.

"I'm tired of foreign policy," Putin told journalists travelling with him in Russia's Far East. He said President Dmitry Medvedev was handling it well and he saw no need to interfere.

In the interview published in the newspaper Kommersant, Putin defended his record and touched on a variety of topics, including foreign policy.

It was questions about the political opposition, though, that inspired the colourful language Putin seems to love.

Putin predicted that Russian police would keep breaking up opposition protests unless the dissidents obtain official permission to rally — permission they are routinely denied in central Moscow.

"You will be beaten upside the head with a truncheon. And that's it," Putin declared.

Opposition leader Boris Nemtsov said the interview showed Putin to be "dishonest, ignorant and evil."

THE ASSOCIATED PRESS

ALEXEI DRUZHININ, POOL/THE ASSOCIATED PRESS

▶ Vladimir Putin fired a crossbow at a gray whale last week.

Gunman kills 7 in Slovak capital

Handout photo shows gunman wearing hearing-protection device
Indicates he planned shootout

A gunman went on a rampage yesterday in Bratislava, Slovakia's capital, killing seven people and wounding 15, then committed suicide, officials said.

Five of the people killed were members of a Roma family who lived in an apartment where the man began his attack with a machine-gun and two pistols, said Interior Minister Daniel Lipsic. Roma often face discrimination in eastern Europe, but Lipsic and police chief Jaroslav Spisiak said the gunman's motive was not known.

Another man shot and killed outside the building was "probably" also a member of the same family, Lipsic said.

The shooting took place at midmorning in the rundown Devinska Nova Ves neighbourhood on the outskirts of the Slovak capital.

The five Roma who died in the apartment — four women and a man — lived in a brown high-rise building, Spisiak said.

Police rushed to the scene as the attacker, about 50 years old, was leaving the building, and he fired indiscriminately at people in the area, wounding 15, including a policeman and a three-year-old boy who was shot in the ear, Lipsic said. The seventh fatality was a woman who was shot in the area as she walked to the balcony of her apartment when she heard the gunfire, Lipsic said.

THE ASSOCIATED PRESS

Details emerge

▶ **Gunman was local** The Slovak news agency TASR, referencing a police statement, identified the gunman yesterday as a 48-year-old local who was in legal possession of the weapons he used for the killing spree.

THE ASSOCIATED PRESS/DAILY SME

▶ This image, provided yesterday by Slovakian newspaper Daily SME, shows a man identified as the gunman who killed seven people and wounded at least 15 in an attack in Bratislava, then committed suicide.

Juror removed over Facebook comment

A judge removed a juror from a trial in suburban Detroit after the young woman wrote on Facebook that the defendant was guilty. The problem? The trial wasn't over.

Hadley Jons, of Warren, Mich., could be found in contempt when she returns to the Macomb County circuit court Thursday.

Jons, 20, was a juror in a case of resisting arrest. On Aug. 11, before the prosecution finished its case, she wrote on Facebook that it was "gonna be fun to tell the defendant they're guilty." THE ASSOCIATED PRESS

News in brief

Soldier dies in hospital

MILITARY. Cpl. Brian Pinksen, a Canadian soldier who was injured in an IED blast last week while on patrol in Afghanistan, died yesterday at a hospital in Germany, military officials say. THE CANADIAN PRESS

Doctors botch baby's delivery

MEDICINE. Italy's health minister travelled to Sicily yesterday to apologize to a woman whose delivery of a son was botched when her two doctors got into a fistfight in the operating room. Laura Salpietro had her uterus removed, and her son suffered heart problems and possible brain damage. THE ASSOCIATED PRESS

News in pictures

PHOTOS
1. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS
2. HANDOUT/CENTRAL IMAGE AGENCY
3. FILE PHOTO/THE ASSOCIATED PRESS
4. ADRIAN WYLD/THE CANADIAN PRESS
5. MIGUEL MEDINA/AFP/GETTY IMAGES

1 Solidarity founder Lech Walesa, right, shunned several of the movement's 30th anniversary sessions yesterday, saying he is disillusioned with the Polish trade union's current state. THE ASSOCIATED PRESS

2 The Canadian Medical Association Journal says provinces and territories should cover the cost of smoking-cessation programs and products to help tobacco users butt out. THE CANADIAN PRESS

3 A resurgence of bedbugs across the U.S. has homeowners and apartment dwellers taking desperate measures to eradicate the tenacious bloodsuckers, with some relying on dangerous outdoor pesticides and fly-by-night exterminators. THE ASSOCIATED PRESS

4 NDP Leader Jack Layton is floating a last-minute compromise to try to save the long-gun registry and, perhaps, keep his political reputation from sinking. THE CANADIAN PRESS

5 Iranian state media called France's first lady, Carla Bruni-Sarkozy, a "prostitute" yesterday in an unusual attack on the wife of a world leader. THE ASSOCIATED PRESS

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PULLING THE PLUG ON TOXIC FRIENDSHIPS

She says ...

JESSICA NAPIER

Good girlfriends are hard to find. There are the ones you love with all of your heart, and then there are the ones you kind of love ... to hate.

Let's be honest, we've all known them at one point in our lives. A toxic girlfriend is one who is unreasonably jealous or ultra competitive. She is the friend who flirts a little too much with your boyfriend and always has a way of subtly putting you down. She's unreliable, inconsiderate, manipulative and a little bit wacko. More foe than friend, a poisonous pal will contaminate your free time with her dramatic behaviour and Mean Girls-inspired antics.

Of course, these stressful relationships rarely start out this way — only a masochist would voluntarily sign up for this kind of emotional abuse.

Like a long-term romance, a friendship is constantly changing and evolving. Every once in a while a perfectly platonic partnership becomes a bit unbalanced. When you're so close to the situation, it's hard to recognize when a one-time BFF has turned bitter, slowly eroding your self-esteem one thinly veiled insult at a time.

It should be easy to realize that you should dump a self-absorbed drama queen like a barrel of hazardous waste. But when it comes to frenemies, we tend to make excuses for their abhorrent behaviour in the hope that one day they might grow out of it. The longer we endure these unhealthy relationships, the more trapped we feel.

"While a soured friendship might be exhaustive to maintain, it is even more difficult to end."

While a soured friendship might be exhausting to maintain, it is even more difficult to end. There's no handbook when it comes to breaking up with a gal pal. Ideally, you should have an honest conversation where both parties reveal their true feelings and, ultimately, hug it out. But let's face it: Most of us are not that mature. Confrontations like this are uncomfortable and awkward, and usually end in tears on both sides.

I usually opt for the more cowardly route. I allow these friendships to disintegrate over a slow, excruciating period of ignored phone calls and geographic evasion tactics until she eventually gets the hint. Yes, this is a childish and passive-aggressive way of dealing with my feelings, but avoidance seems so much less unpleasant than all that crying.

However, at the end of the day, life is too short (and far too busy) to spend so much time dodging that best friend gone bad. The older we get, the more we realize who those true friends really are. So perhaps it's time to get real and let that bad girlfriend know you're just not that into her anymore.

Cartoon

MICHAEL DE ADDER

High rollers learn early

Worth Mentioning

The Thai government is publishing a new series of parenting brochures that instructs families how to keep their children from gambling on soccer matches, after kids as young as seven were found betting on the World Cup.

"The Guide to Watching Football With Your Children and Loved Ones," will be the first in a three-part series to be distributed at schools nationwide in October, Thanakorn Komkris, a co-ordinator at the Thai Health Promotion Foundation, said yesterday.

The agency, which is under the Prime Minister's Office, is sponsoring the series that uses cartoon characters to convey that professional soccer can be a fun family event — and one that sometimes requires parent supervision.

The new guide will be aimed at children of primary school age and teens and will seek to inform them of the dangers of gambling, while trying to motivate youths with "inspiring stories from world-class football players," Thanakorn said.

Gambling is illegal in Thailand, technically, but it remains a national pastime. Betting is common at sports events, at underground casinos or along the Cambodia border where casinos have flourished in recent years to cater to Thai customers.

THE ASSOCIATED PRESS

Cashing in

GETTY IMAGES

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Metro Minute with Cris Derksen

Experience a night of music and culture with electronic cellist Cris Derksen. This 28-year-old aboriginal artist uses a variety of electronic techniques to enhance her classical style of cello music, allowing her to reach different octaves and produce a large array of musical sounds. She was one of the top cellists of the UBC Symphony Orchestra and has previously toured with Kanye West.

Derksen's EP release show/party for Crystal Dawn is tonight at the Biltmore Cabaret on 395 Kingsway. This will be a double release party with Québécois artist Rae Spoon.

Doors open at 8 p.m. and tickets are $12 at the door. VANESSA YEE

CONTRIBUTED

▶ Cris Derksen's EP release show/party for Crystal Dawn is tonight at the Biltmore Cabaret.

Yen. Gaining strength

▶ Bank of Japan governor Masaaki Shirakawa leaves after meeting with Prime Minister Naoto Kan in Tokyo yesterday.

KOJI SASAHARA/THE ASSOCIATED PRESS

Japan plans for stimulus measures

Japan's central bank further eased monetary policy yesterday in response to a strong yen and growing political pressure to revive a faltering economy.

Canada still in the red: StatsCan

Foreign investment in Canadian equities rebounds But goods surplus with U.S. shrank by $2.3B

The country's current account deficit grew by $2.6 billion in the second quarter to a total of $11 billion, Statistics Canada said yesterday.

The agency said export growth slowed and imports grew, while a lower deficit in investment income flows was partially offset by a higher deficit in international trade in services. It was the seventh consecutive quarter of deficit in the current account.

The balance on trade in goods fell by $2.5 billion in the second quarter to return to a deficit, following two quarters of surpluses.

THE CANADIAN PRESS

Balance sheet

Overall, exports of goods rose by $1.2 billion, less than the previous quarter.

- **Automobiles.** Exports of automotive products continued to gain ground, up $1.9 billion, with automobiles surpassing the $10-billion mark.
- **Equipment.** Machinery and equipment exports rose $1.2 billion, as volumes increased after six quarters of declines.

Auto industry on the rebound

Canadians were in a vehicle-buying mood in July, according to figures in the latest Global Auto Report from Scotia Economics.

The report says Canadian sales advanced to an annualized 1.65 million units in July, lifting volumes at several automakers to the highest July on record. It was the second monthly rebound in a row after a weak performance in May.

THE CANADIAN PRESS

Going big

Canadians are shifting away from small cars, with segment volumes declining two per cent year-over-year through July.

- **On the decline** Small cars traditionally dominate the Canadian market, but their share has slumped to less than 29 per cent so far this year, the lowest level in more than a decade.

Airlines report net profits

The International Air Transport Association says 47 major carriers it monitors reported a net profit of $3.9 billion US in the second quarter.

The results contrast with the $881 million net loss posted by carriers a year earlier.

Geneva-based IATA says the airlines in North America and the Asia-Pacific region are the ones that performed best.

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Market moment

PRICES AS OF 4 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 15.83 (11,895.55)	– 0.72¢ (94.30¢ US)	– 47¢ US ($74.70 US)	$3.812 (+ 10.7¢)
			Gold contracts $1,237.10 (+ $1.50)

$1.3B

IATA says European carriers' results were boosted by a $1.3 billion asset sale, without which they would have posted further losses.

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Chile..... 2.9 ¢ | Nepal from 7.9 ¢ | Italy.....2.9 ¢
China..... 2.9 ¢ | Oman..... 12.9 ¢ | Russia from 2.9 ¢
Ecuador.....12.9¢ | Fiji..... 24.9¢ | Saudi Arabia from 9.9 ¢
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2 scene

News in brief

Brad Pitt is the NFL's voice for its upcoming documentary on the New Orleans Saints' Super Bowl victory.

Pitt narrates NFL Films' documentary, America's Game: 2009 New Orleans Saints, about the team's win over the Indianapolis Colts last February. The film debuts on the NFL Network on Sept. 8, the night before the Saints begin their title defence.

The NFL traditionally seeks out a celebrity narrator for its annual Super Bowl documentary. Pitt was chosen because of his humanitarian work in New Orleans in the five years since Hurricane Katrina, the league said.

Past narrators have included Alec Baldwin, Morgan Freeman, Gene Hackman, Ed Harris, Martin Sheen, Bruce Willis and James Gandolfini. Mad Men star Jon Hamm narrated last year's film on the Pittsburgh Steelers' 2008 Super Bowl win.

THE ASSOCIATED PRESS

Anna Nicole Smith drug case resuming with uncertainty over testimony by nannies.

Funny men and women are using Twitter to connect with fans, test out joke or just rant
Jimmy Fallon leads the comedy charge with 2.7 million followers

AMY SUSSMAN/GETTY IMAGES

▶ Comedian Michael Ian Black is one of the funniest regular Twitter users, with more than 2,500 tweets and counting.

Comedy in 140 characters or less

Earlier this summer, Michael Ian Black took to his blog to defend himself against those appalled that the comedian was — gasp! — inserting rare advertisements to his popular Twitter feed.

Black explained that occasionally hiring himself to sell products "allows me the freedom to take less well-paying jobs like making soon-to-be-cancelled television shows."

Then he made a more serious point.

"As of today, I've written 2,655 tweets," Black wrote. "That's a lot of free material, all of it contributing to the entertainment of the 1.5 million people who follow me, as well as the multibillion dollar capitalization of Twitter itself."

Black is not alone in his situation. Many of the most popular people on Twitter are comedians, and they are collectively perhaps the best. They know how to be economical with words, and they write about more interesting topics than what they had for breakfast.

But comics have a different relationship to the social networking website. It is, after all, their job to make brief, pithy observations and craft precisely worded one-liners. Like news outlets, comedians have to question how much "content" they want to tweet away.

Black says he recognizes some downside to giving away material for free, but believes the pros far outweigh the cons.

"For me, it does two things," Black says of tweeting. "One, it gives me the chance to try out jokes. And two, it forces me to write jokes in the first place." THE ASSOCIATED PRESS

Top tweets from the comedy world

A few examples of top-notch tweeting:

▶Nealon

• "I've grown tired of firework displays. China, please come up with something else for our country." — Kevin Nealon.

• "I have a Far Side cartoon almost done of a movie theatre packed with disappointed deer watching Salt." — Mindy Kaling.

• "The Muzak version of Careless Whisper in this lobby has turned a bad song into a sonic hate crime." — Patton Oswalt.

• "Either the gnomes in our garden are real or someone just hit me in the head. Oh, wait. It's just the booze. Forget I said anything." — Paul Feig.

• "Walking in New York I make eye contact with people's dogs more than with people." — Kristen Schaal.

• "When you read Self magazine aren't you always a little disappointed that there's nothing about you in there?" — Jim Gaffigan.

• "This is my twitter cycle: Tweet, tweet more, tweet worse, stop tweeting, regret tweets, swear never to tweet again. Wait. Tweet. Repeat." — Louis C.K.

THE ASSOCIATED PRESS

BACHMAN TURNER RETURN TO ROOTS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

When I was growing up in Winnipeg it was guaranteed that at least once a day you'd hear a Bachman Turner Overdrive song on the radio. Not only did the band produce some of the best drive-home music ever made, but when the city's rock radio station was done playing 12 Led Zeppelin songs in a row, they'd throw on some homegrown tunes. That meant a lot of Guess Who and BTO.

I'm more of a Guess Who fan, but I was still excited to hear that Randy Bachman had recorded a new album with Fred Turner. It's always a bit strange when a band you liked puts out a new album — it's usually not very good, and I'm grateful that Randy and Burton Cummings have stuck to the hits, but somehow the duo's self-titled, released next week, sound vintage BTO. I spoke to Turner this summer and asked him why they chose to replicate their sound — he says it was all Randy. "He wanted to go back to the 70s mindset," Turner explains. It had a lot to do with the chemistry between the two musicians, he says; it felt like nothing had changed since 1973, when the band wrote their huge hit Takin' Care of Business.

Of course, a lot has changed. Bachman left the band after 1975's Four Wheel Drive, tried to start something new with Turner in the early 80s, joined BTO again briefly, then Turner left; BTO was in a perpetual state of near collapse until Turner officially called it quits in 2004.

Bachman and Turner "had our moments" over the years, he says. "We had a nine year lawsuit through the 90s." It was eventually settled, but even in the midst of the legal proceedings, the old friends found a way to play together. Turner recalls a time when Bachman had to play a gig in Winnipeg and wasn't confident with his backup musicians. He called his former bandmate and asked him to join him, which he did.

Whatever happened between them seems to be history. Luckily, though, Bachman and Turner won't get the chance to return to their old ways — this isn't a full-time gig. Turner says that while he's excited to play he's got no intention of becoming a career musician again. "I don't want to be as busy as Randy likes to be," he says. "He's still going 200 miles an hour and I'm a long way from that. I said this is your thing, you work it the way you want and I'll be there. It's actually taken off so strong that it's become a bit too busy for me. But I'm still willing to go with it."

Michael Jackson may be exhumed

- Dr.'s lawyers wants to challenge cause of death
- Family 'dreading' idea of digging up remains

Michael Jackson's remains may have to be exhumed for further testing in connection with the manslaughter trial of Dr. Conrad Murray, according to News of the World.

Murray lawyers reportedly want to challenge the findings of the original autopsy, arguing that misuse of other drugs brought about Jackson's death, not the drugs administered by Murray.

"If the tests don't concur with the coroner's findings, they have the start of a strong defense," a source says. "The logical next step would be to exhume the body to make new tests."

Jackson's family is reportedly "dreading" such a situation. "They laid Michael to rest and for him to return is just sick," a friend of the family says.

THE ASSOCIATED PRESS

METRO NEWS SERVICES

▶ Jackson's doctor, Conrad Murray, wants to argue the singer died of misuse of other drugs.

Patrick and partner ready for fatherhood

Neil Patrick Harris is spending his time studying and resting in anticipation of the arrival of his and partner David Burkta's twin babies due in the fall, according to People magazine. "[I'm] very, very excited. It's the big, crazy calm before the ridiculous storm," Harris says. "I'm trying to read as much as I can, and prep as much as I can. But there's only so much you can do because each baby is super individual and totally their own person." METRO

METRO NEWS SERVICES

▶ Neil Patrick Harris, left, and partner David Burkta

Michael looking for rehab credit

After pleading guilty to marijuana possession in connection with his July car crash in London, George Michael is hoping the fact that he checked himself into rehab immediately after the accident will help with next month's sentencing, according to Popcrunch. "I feel you should know that on the day after the incident I checked in to a clinic for a 14-day detox program here in London," the singer posted on his Web site. METRO

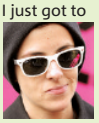
METRO NEWS SERVICES

▶ George Michael

Celebrity tweets

Paris Hilton
[@ParisHilton] I'm so thankful to all my fans for all the love and support you are giving me. Thank you all. Love you so much. Love Paris xoxo

Samantha Ronson
[@samantharonson] Can't believe I just got to work and had the wrong purse. Instead of a laptop I found a bag of ..... Well, u know.



Conan O'Brien
[@ConanOBrien] Someone just explained to me that I don't get paid for tweeting. I'm going to miss you guys.

Ben Stiller
[@RedHourBen] Is there a decoder book for Glenn Beck speeches?

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3 life

Technology

A Canadian scientist is pioneering an experimental procedure to repair damaged eyes using artificial corneas. Dr. May Griffith, a senior scientist from Ottawa, teamed with Swedish colleagues to try to the restore eyesight of 10 patients with damaged corneas. They surgically removed the patients' injured corneas and replaced them with artificial ones.

THE CANADIAN PRESS

ScanLife

Paralyzed computer engineer helps develop technology for kids with disabilities

Last year, little Stella Biblis was born — from frozen sperm. When her dad, Chris, was a teenager leukemia patient, he allowed doctors froze his sperm. Otherwise radiation treatment would have killed it. Today lots of young men with cancer do the same.

METRO WORLD NEWS

Honey, I Froze the kids

ELISABETH BRAW
WELLNESS@METRONEWS.CA

"I feel lucky to be alive after cancer. But I feel more lucky being a father." CHRIS BIBLIS

When Chris Biblis was diagnosed with leukemia at age 16, doctors knew he'd survive only with radiation treatment. Unfortunately, Biblis's testicles had to be radiated, too. Chris would be infertile.

It was 1987. Back home in Alabama, Biblis's mother happened to read a news article about British doctors who froze sperm. She decided she wanted her son to freeze his sperm, too, to give him a chance of later having a family.

"I sort of thought it was a good idea," recalls Biblis, now 40, "but it was totally embarrassing. I had to drive several hours with my father to give the specimen."

Biblis's unusual choice paid off: last year, he and his wife welcomed a healthy baby, Stella. She was conceived using Biblis's 22-year-old sperm.

"It was like any other in-vitro (test-tube) pregnancy", explains Chris's wife, Melodie.

"When we decided to do it, we didn't realize that it was somehow unusual to use 22-year-old sperm."

It was only one baby has ever been conceived using older sperm.

That's because in 1987, sperm-freezing of any kind was highly unusual. But today, young male cancer patients are routinely asked to give sperm specimens, to be stored until they're ready to start a family.

The demand has grown since 80 per cent of children and adolescents with cancer now survive.

"Having babies is often the last thing on teenage boys' minds," explains Dr. Richard Wing, who heads Reproductive Endocrinology Associates of Charlotte, North Carolina.

"But chemotherapy and radiation often result in men having no sperm, and frozen sperm can last for decades."

Wing helped the Biblises conceive. Today female cancer survivors, too, have better chances of conceiving.

Eggs can now be frozen using rapid-freezing technology that makes them more viable; about one fifth of frozen eggs result in pregnancies.

"But women can't just provide eggs for freezing," explains Wing.

"It takes two-three weeks to prepare their ovaries for ovulation, and the eggs' viability depend on how far the cancer has gone."

In the past, young single women with cancer faced the dilemma of freezing their eggs with little chance of success or fertilizing their eggs using a sperm donor.

But even with optimistic prospects of post-cancer parenthood, many turn down their only chance.

When Chris Biblis delivered his sperm sample, he had no thought of his little Stella, now teething.

"I feel lucky to be alive after cancer", he says.

"But I feel more lucky being a father."

Two questions

Dr. Safaa Maxwell of the London Fertility Centre answers questions about rapid egg freezing.

Whose fertility is more affected by cancer, men's or women's?
"Women's. Even 80 per cent of men with testicular cancer manage to conceive. On the other hand, women who have cancer are often on treatment for several years, and by then it may be too late for them to have babies anyway."

Rapid egg freezing is a promising prospect for women. Which other methods are currently being developed?
Ovarian tissue freezing. The ovary is removed and frozen. Later it can be transplanted back to the body where it can continue to function again. There's also in-vitro maturation, where immature eggs are collected and matured in the lab. This has been tried on some young cancer patients as young as five years.

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More omega-3 fats don't help heart disease: Study

FLICKR: NATHANMAC87

▶ A little bit of omega-3 won't help prevent heart disease, a new study shows.

Fatty acid once thought to have helped those prone to attacks

Eating more heart-healthy omega-3 fats provided no additional benefit in a study of heart attack survivors who were already getting good care, Dutch researchers report.

After nearly 3 1/2 years, there was no difference in deaths, heart attacks and other heart problems between those who ate margarine with added omega-3 fatty acids and those who didn't, the study found.

The results don't mean that getting more of the essential nutrient has no value. Several studies have offered evidence that the fats — mostly from fish oil — reduce heart disease.

But for heart patients who are carefully treated "adding a little bit of omega-3 fatty acid does not seem to make a difference," said Alice Lichtenstein, a Tufts University nutrition professor, who was not involved in the research.

"Adding a little bit of omega-3 fatty acid does not seem to make a difference."
ALICE LICHTENSTEIN, A TUFTS UNIVERSITY NUTRITION PROFESSOR

Omega-3 fatty acids are thought to help reduce the risk of abnormal heartbeats, slow the growth of plaque that can clog arteries and lower harmful fats called triglycerides.

In recent years, omega-3 has been added to some foods such as margarine and eggs, or labels highlight the omega-3 content of foods like tuna fish.

THE ASSOCIATED PRESS

HEALTHY LIVING

MS worse in spring, summer

Here is an intriguing finding about multiple sclerosis. The disease seems to flare up in the spring and summer. Researchers found in brain scans that MS activity increased during the months of March through August.

MS is a disease of the central nervous system that can cause loss of balance, impaired speech, extreme fatigue and double vision.

The new study, which was conducted at Brigham and Women's Hospital in Boston, is important because many clinical trials are only six months long. When researchers study the effect of various drugs on the disease, it could appear that the drug is working well when in fact the change of season accounts for the improvement. The study was published in the journal of the American Academy of Neurology.

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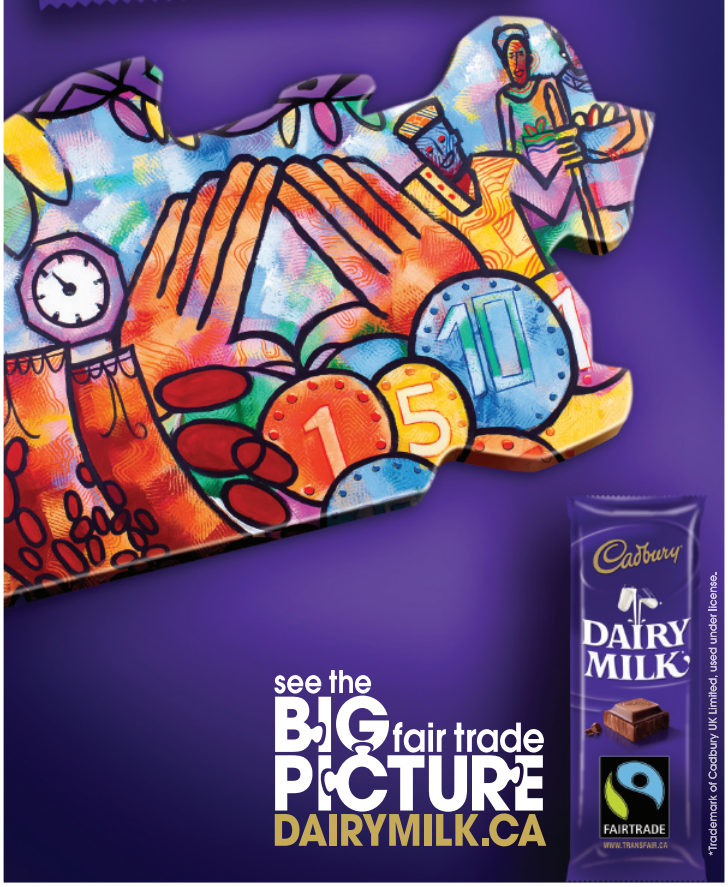

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This gazpacho packs serious nutrition, taste

Conventional wisdom says that cooking vegetables tends to diminish their nutritional prowess However, this isn't always the case

THE ASSOCIATED PRESS

Tomato and Italian Herb Gazpacho.

Sometimes cooking vegetables isn't all bad. Cooking tomatoes does diminish their stores of vitamin C, but it also concentrates other nutrients, such as lycopene (found in red tomatoes), a powerful antioxidant.

Cooking tomatoes also is great from a culinary standpoint. Heat intensifies their flavour and brings out their rich sweetness by caramelizing the natural sugars. This is an especially good technique when working with out-of-season tomatoes.

With this recipe for gazpacho, you can have it either way.

Traditionally, gazpacho is a fresh, pureed tomato soup of Spanish origin. It typically is made with lots of garlic, onions, bell peppers and cucumbers.

This Italian-style take on the refreshing soup is seasoned with fresh basil and oregano along with a liberal shot of balsamic vinegar. The addition of some fresh mozzarella cheese adds the protein and substance to turn the soup into a satisfying lunch or light supper. Serve with grilled slabs of crusty whole-grain bread to complete the meal.

Ingredients :

- 1.25 l (5 cups) cored and diced tomatoes (about 4 large)
- 1 large English cucumber, peeled and diced (about 500 ml/2 cups)
- 1 medium red bell pepper, cored, seeded and coarsely chopped
- 1 medium red onion, chopped
- 75 ml (1/3 cup) balsamic vinegar
- 50 ml (1/4 cup) extra-virgin olive oil
- 75 ml (1/3 cup) chopped fresh basil
- 30 ml (2 tbsp) chopped fresh oregano
- 3 cloves garlic, minced
- 2 ml (1/2 tsp) kosher salt, or to taste
- Ground black pepper, to taste
- 170 g (6 oz) very small fresh mozzarella balls

Preparation:

1. In a large bowl, combine tomatoes, cucumber, bell pepper, onion, vinegar, oil, basil, oregano, garlic, salt and pepper. Stir to combine. Let the mixture rest at room temperature for 15 minutes.

2. Using a food processor or blender and working in batches, process tomato mixture until it is chunky smooth, 10 to 15 pulses in a processor. Transfer to a bowl, cover and refrigerate for at least 1 hour. To serve, divide gazpacho among bowls and top with mozzarella.

THE ASSOCIATED PRESS

Nice over ice: Irish Whiskey

Liquid Assets

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

As you read this week's column I'm enjoying a little rest and relaxation in Ireland. Though I've only been here a few days I've already consumed my body weight in Guinness Draught so am now working my way to whiskey, which I'll spell with an "e" like they do here on the Emerald Isle.

The cult of Irish whiskey has been gaining membership for much of this century at the expense of single malt scotches and their blended brethren. An Irishman's lighter, sweeter side — thanks in part to a process of triple distillation — seems to have more over ice appeal for non-brown booze drinkers than scotch (many of which taste like they could take the paint off your car).

A classic whiskey like Jameson ($30.00 - $31.99) — first made in Dublin in 1780 — is a super smooth spirit with an orange marmalade aroma and creamy sweet finish. It's so easy on the palate that you could almost drink it straight from the bottle (which I still might).

Northern Ireland's Bushmill's, the oldest distillery on the island, was licensed in 1608 with its Black Bush ($36.99 - $37.64) a quintessential Irish drop layered with warm malt and spice. Sláinte!

Prices reflect the range across the country. Some products may not be available in all provinces. Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass and put into words.

Iron Chef Jose Garces blends talent, business

The heat is up and the clock is ticking down on Jose Garces and two colleagues as they feverishly chop, grill and blend their way through a top-secret practice run for Food Network's Iron Chef America.

The genial and low-key Garces, out to defend the title he wrested from chef Bobby Flay last season, offers no hint of angst or Hell's Kitchen-type temper tantrums. But inside, he is freaking out.

"The last 15 minutes — words can't describe," he said afterward. "Your stomach gets in a knot, you don't know if everything's done."

Garces' focus on the food, not the limelight, has served him well in TV's Kitchen Stadium and on the streets of Philadelphia, where he has opened six popular and well-reviewed restaurants in five years. Two more are on the way, plus a cookbook and taco truck.

"He's impressive — there's no way around it," said Philadelphia Inquirer restaurant critic Craig Laban. "He's not just a Philadelphia chef anymore."

"The last 15 minutes — words can't describe. Your stomach gets in a knot, you don't know if everything's done."
JOSE GRACES ON THE TOP-SECRET PRACTICE RUN FOR FOOD NETWORK'S IRON CHEF AMERICA

Garces' eateries run from Basque-inspired tapas to Peruvian-Asian cuisine to modern Mexican. Their success is a combination of imaginative menus, stylish design and the increasing culinary sophistication of urban foodies, who want authentic tastes without the stuffy atmosphere of formal dining.

"The country is ready to accept these new flavours and new ingredients," said Mitchell Davis, vice-president of the culinary James Beard Foundation. "We are coming out of our comfort-food zone."

THE ASSOCIATED PRESS

When love is an open book

CAITLIN GREER/THE ASSOCIATED PRESS

▶ Co-founders Matt Sherman and Matt Masina at an Alikewise.com party.

Chin Ma is 25 and looking for love. He paddles regularly in the dating pools online, paying fees to navigate millions of profiles based on lengthy checklists and compatibility formulas.

So how'd he find his latest prospect? Through a book by Andy Warhol on Alikewise.com, a newcomer looking to connect people free of charge based on their favourite reads. It's a unique approach in a recession-hardy industry that has dozens of niche.

"Alikewise is more subject to your creativity than the larger sites," said Chin.

Hobbies and passions like reading are often included when daters describe themselves or their dreammates. Site users can search and be searched by the books and book opinions they put up next to their profile pictures.

Other users can leave comments about your books, and the site sends notifications when somebody adds the same title or books in the same general interest area.

"There are plenty of niche dating sites, but they struck me as a bit too niche," said Matt Sherman who co-founded the site with Matt Masina. "They seem to orient themselves over one particular interest or type of person — athletics, religion. Our attitude is that books can be about anything. They're a means to an end to get the conversation going."

Sherman thought up the idea a couple of years ago after breaking up with his girlfriend, wondering if he'd ever find a woman who has read Nassim Nicholas Taleb's The Black Swan or F.A. Hayek's 66-year-old The Road to Serfdom. The site went live in mid-July and has about 1,500 users, split about evenly between genders.

The top subscription dating sites boast millions of users (Match counts 29 million), and the most popular free sites can have many thousands. Sherman and Masina aren't looking to compete by that measure. Who's to say what your love match likes to read anyway? What does it really mean if they're paperback people, Kindle lovers or hardcover fanatics?

"We think there's a different calibre of person who reads. You won't go onto our site and find guys with their shirts off."
MATT MASINA

Emmaleth, a 26-year-old woman from Fresno, Calif., put up "Oh, the Places You'll Go!" by Dr. Seuss: "Hello?!?! This man wrote the most poetic yet simple explanation of life! I LOVE this book and honestly I CRY sometimes when I read it. Yeah, enjoy knowing that." THE ASSOCIATED PRESS

well read

Among the most popular books posted? Fitzgerald's The Great Gatsby. Among the most posted authors of the moment? Kurt Vonnegut and George Orwell. Stieg Larsson, Chuck Palahniuk and Jane Austen also pop up often.

▶ This undated photo shows guests at an Alikewise.com launch party in New York.

▶ Blair and Aila met at a barbecue and eloped in 2008.

BARBECUE SPARKED ROMANCE

Names: Blair, 27, and Aila, 36

Hometown: Charlottetown

Together since: 2007

Their story:

How We Met: Blair & Aila

I (Aila) met Blair at a work barbecue. He was in the Armed Forces, posted at CFB Gagetown in New Brunswick, and I was working as a civilian on the base. My friend was actually interested in him and, since Blair was much younger than me, I didn't pay much attention to him. We did, however, hit it off after discovering we had so many things in common. He emailed me two days after we met and we've been together ever since. We eloped in Newfoundland in August 2008. Last year, Blair was released from the army so we could move to P.E.I., where he is originally from. We happily settled here in an old house with my daughter, and we're slowly making it both our home and a home-based photography business.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Tips for finding work-life balance

For lots of people, work-life balance is a never-ending battle with many things and people competing for our time and energy. Achieve a better synergy by following these five simple tips:

1. Slow Down: Take time to stop and enjoy the things and people around you. Plan downtime into your week and find some ways to distance yourself from the things that cause you the most stress.

2. Use technology to streamline schedules: Tools like Microsoft Office Outlook let you link each member of your family's calendar allowing you to see what everyone's got going on.

3. Protect your personal time: Effective time management involves knowing when to shut things down. Turning off a cellphone or other wireless device establishes boundaries between your personal and professional time.

4. Share the Load: Get your spouse or children to help you with your personal/family responsibilities. Managing and taking care of the household should not be the responsibility of just one person.

5. Learn to say "no.": Taking on too many tasks can be stressful and overwhelming. Learn to say no to things. This applies to both work and personal commitments. Rather than feeling guilty, you'll learn that saying "no" can be really empowering.

NEWS CANADA

With wine, make it fine

Alison's Rule: Drink no wine before it's time — especially when you make it yourself But when it's time to quaff, savour the savings

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Here's my end-of-summer garden party nightmare; a brimming glass of the host's homemade wine and me attempting to keep the wince out of every sip.

One thing about a recession though, it opens your mind to what you didn't think you would ever want to do or drink.

"If all works out I estimate (making my own wine earns me a) savings of at least $2,500 a year."

Early summer found me in the fruit scented quarters of the Just Wine in Milton, Ont. I had driven by the place for 10 years and never once been tempted.

But I love my wine and despite a reported glut of the good grape plus a global economic meltdown wine prices haven't declined perceptibly. So, I bravely ordered two kits, 30 bottles of the best Australian Chardonnay and 30 more of the Napa Valley Stag's Leap District Merlot, part of the Selection Estate series distributed by Wine Expert of B.C.

Both claimed gold medals in some tasting or other and both were the most expensive of their kind available in the store. If you are going to do it yourself buy the best available. Even so, the cost per bottle was under $5 for the white and under $7 for the red (that doesn't include optional labels, 10 cents each, or bottles, $1.10. You can also supply your own.)

Six weeks later I spent a happy hour bottling the Chardonnay at two, four and six weeks after bottling — just for research purposes, you understand. Drinkable has progressed to tasty. At two months the Merlot is still too raw for my palate, but improving.

It pays to wait

Getting the most out of your vintner experience demands the patience to wait a minimum of three months for the white and six for the Merlot. So far I've uncorked Chardonnay and two weeks after that, the Merlot. Tasting both during bottling surprised me. Drinkable!

If all works out I estimate savings of at least $2,500 a year — enough to take hubby and me on a very nice wine tasting holiday. Stay tuned for full tasting results in a couple of months.

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If you've paid back your loans on time, maintained revolving credit (credit cards or lines of credit), and not declared bankruptcy, you're probably in good shape. But, if you've done some credit damage, you're going to have to repair your score.

If you're struggling with keeping up, see a credit counsellor. Check out creditcounsellingcanada.ca or creditcanada.com. They can help you negotiate new terms with your lenders. There are two credit bureaus in Canada — Equifax (equifax.ca) and TransUnion (transunion.ca).

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ISTOCK

▶ There are lots of funding options for those considering a trade.

Take stock and trade of your future career

The feds offer up to $4,000 in funding to Red Seal trade apprentices Earn cash and get your education

JON TATTRIE
FOR METRO CANADA

Once you've identified the trade you want to work in, gaining an apprenticeship can be an effective way to enter the workforce.

Websites like apprenticetrades.ca, run by the Canadian Apprenticeship Forum, can help match apprentices to companies that will take them on.

Community colleges that feature apprenticeships offer a similar service.

An apprentice generally earns a percentage of a regular journeyperson's rate and it rises with each level the apprentice completes in the program.

The apprentice's responsibility is to learn on the job, usually while continuing in-school training.

ISTOCK

▶ The apprentice's responsibility is to learn on the job.

Rules, regulations and available funding change by the province and territory, so students should check with the governing body in their area to see what's required.

The federal government offers up to $4,000 in funding to Red Seal trade apprentices (red-seal.ca).

Applicants must be a registered apprentice in a Red Seal trade to get the money.

The cash comes through the Apprenticeship Incentive Grant and the Apprenticeship Completion Grant, says spokeswoman Anna Kroupoderova.

AIG is a taxable cash grant of $1,000 per year or level and it's good for up to $2,000 per person.

The extra $2,000 comes when apprentices complete their training and get their certification.

There's also up to $500 tax deduction for tradespeople buying tools that cost more than $1,000.

Even without funding and tax breaks, apprenticeship is a low-cost route to work when compared to other forms of post-secondary training, Kroupoderova says.

It also gives workers a chance to earn money while they complete their education on the job.

The in-school technical training portion of apprenticeship is often a six to eight week session at a technical institute, community college or training centre.

Some programs offer the in-school technical training sessions in other formats, such as weekend or evening classes or distance learning.

B.C. Training Tax Credit

Apprentices may qualify for up to $9,000 in tax credits as they progress through their training, with additional funding available to qualified apprentices under the Enhanced Tax Credit.

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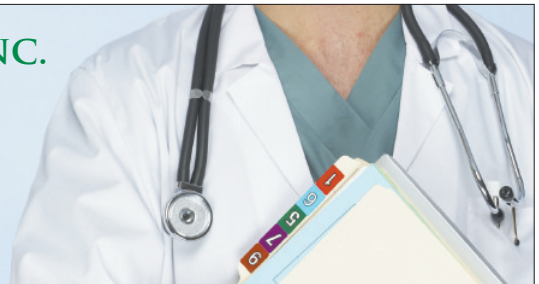

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Ink yourself a tattoo trade

Apprenticeships are not always what you think they are

JON TATTRIE
FOR METRO CANADA

For many jobs, the best way to learn is to do, and apprenticeships form a critical part of training. For some jobs, it's the only way.

If you want to become a body piercer or a tattoo artist, you won't find a community college that can teach you the ropes. Instead, you'll need to turn to someone like Roger Monahan. He runs BlackStar Body Piercing Studio in Kingston, Ontario, and says that because the industry in unregulated and not taught as a trade, apprenticeships play a vital role.

"Unfortunately, anyone can pick up a needle and start to do damage," he says.

Would-be piercers approach Monahan and, if he sees potential, he takes them under his wing for a two-year apprenticeship.

"It's more of a one-on-one relationship between the person wanting to learn and the person willing to teach."
ROGER MONAHAN

They learn to audit a chain of contamination, practice techniques on orange peels to simulate skin and then start with simple piercings on real people before advancing to more complex jobs. He makes sure they know what can go wrong so that they can avoid it.

The final stage of an apprenticeship is for Monahan to take on a new apprentice and have the veteran student teach the rookie the skills she just learned.

"It's more of a one-on-one relationship between the person wanting to learn and the person willing to teach," he says. "When they're piercing, they have to understand how to protect themselves and how to protect the clients."

Monahan even issues certificates, which carry weight in a body-piercing world that relies on reputation and word of mouth. It's the same story in tattooing, he says.

Would-be farmers can turn to organizations such as the Organic Agriculture Centre of Canada, which operates across the country.

Its organic farm apprenticeship program helps budding organic farmers find a sustainable-farm apprenticeship.

There are also many traditional apprenticeships in trades like carpentry, electrical work and painting. Visit apprenticetrades.ca for a long list of apprenticeships across the country.

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ISTOCK

▶ If you want to become a body piercer or tattoo artist, you'll need to turn to an artist for an apprenticeship.

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Trade boosts

Bilateral data shows missions don't improve trade and distracts government leaders

MINE SALKIN
FOR METRO VANCOUVER

Millions of taxpayers' dollars invested in foreign trade missions have failed to boost trade between Canada and partner nations, according to researchers at the University of British Columbia.

Professors Keith Head and John Ries analyzed the data between Canada and 181 other countries over a 10-year period, using information from Statistics Canada and Eurostat.

"In the '90s when Chrétien was doing these missions, there was a lot of coverage in the press. We noticed two extreme points of view. One said that in the short run, we created more trade agreements, while the other said they were boondoggles, or a chance for people to look good," Head said.

The trade missions sent the premier, along with members of parliament and nearly 100 business representatives around the world, for 10 days at a time to negotiate trade.

"Some of this money could have been spent on ... better infrastructure."
KEITH HEAD, PROFESSOR

Head said the missions distract leaders. "Some of this money could have been spent on building roads, providing more hospital beds and a better infrastructure," he said.

At the same time, further research could make these missions successful in the future.

"If politicians continue to do this, we need to figure out what the failings of these missions were to find a better result."

Did you know?

- The Team Canada trade missions were introduced by Prime Minister Jean Chrétien in 1993.
- The study analyzed bilateral trade data between 1993 to 2003.
- With the exception of China, which saw trade agreements improve with its partner nations, Canada has not improved trade rates with any other nation.
- The government made claims the trade missions generated tens of billions of dollars in new business deals.
- Trade missions are no longer lead by the Conservative government, but provincial governments still invest in these efforts.
- The missions began as an effort to diversify Canadian trade away from the U.S.

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MINE SALKIN/FOR METRO VANCOUVER

▶ Professor Keith Head researches ineffective Canadian trade missions his office at UBC's Sauder School of Business.

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Elephant versus shrew

LINA TOYODA
FOR METRO VANCOUVER

Researchers at SFU have discovered that there's a speed limit in the nerve systems of animals, which explains why small critters, like mice, are quick and agile while large animals, like elephants, are slow and lumbering.

Studying the reaction times of Asian elephant Lucy from the Edmonton zoo and six shrews at the department of Biomedical Physiology and Kinesiology at SFU, researchers found that as body size increases, there must be a trade-off between the ability to precisely sense and respond to the environment, and the ability to conduct information quickly.

"If a shrew and an elephant were walking along, and a shrew stepped on something sharp and hurt its foot, it would know within four per cent of the time that its foot was on the ground that it had stepped on something sharp, and it would be able to respond to that," explains PhD candidate Heather More, an author of the study.

But an elephant would take almost half of the time that its foot was on the ground to sense and respond, she said.

Regardless of the animal's size, the speed that its nerves conduct information remained fairly consistent. This explains the delay in larger animals, as "messages" have a longer distance to travel.

Prof. Max Donelan, lead researcher of the study writes that this means larger animals must use predictability in the environment to plan their moves, suggesting a higher intelligence.

"Animals use nerves in much the same way as computers use electrical cables — to conduct information from one location to another."
HEATHER MORE

Just the facts

- The size of an animal's nerve is dependent on the number and diameter of cells, or axons, it contains.
- Larger-diameter axons are able to transmit information faster.
- If a nerve has more axons, or a higher density of sensory receptors, it can perceive its environment more precisely.
- Nerves cannot be infinitely large, so this creates a trade-off between the number and size of axons in a nerve.
- The shrews in the study are about five grams each, and the elephant, about 3600 kilograms.

▶ Dr. Dave Collins from the University of Alberta measures the muscle activity in an Asian elephant

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MAX DONELAN/SIMON FRASER UNIVERSITY/SUBMITTED

HEATHER MORE/SIMON FRASER UNIVERSITY/SUBMITTED

▶At about one-fifth the size of mice, shrews are the smallest terrestrial mammals.

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For university and college students, finding a part-time job can be difficult.

A demanding school schedule is tough enough; add to that the strain of employment and you end up with a lot of stressed-out youth.

However, part-time jobs help students pay for tuition, groceries, rent, and other expenses.

So, as September rolls around and students head back to school they will be on the hunt for jobs to meet their financial needs while providing them with the flexibility they need while studying.

Unfortunately, the traditional nine-to-five work schedules many businesses offer students make it difficult to balance class and study time.

To attract the student demographic, businesses that offer flexible work hours that can easily fit into class schedules are a great alternative.

Considering these factors, fast food restaurants continue to be great places for students to work. With many restaurants now open 24 hours, employment opportunities are available outside the traditional nine-to-five.

Shifts can be easily tailored to fit the lives of university or college students whose schedules can include evening classes and days off between lectures.

Additionally, these restaurants offer competitive wages, excellent employee benefits, and comprehensive training.

NEWS CANADA

It's a good feeling to land a great job. Talk to us about your career options at one of these free information sessions:

Program	Campus
Auto Collision, Refinishing, Auto Technician, Heavy Duty/Commercial Transport Tuesday, Aug. 31 & Sept. 7, 11 a.m. – lobby, Building B	Broadway
Practical Nursing / Access to Practical Nursing Wednesday, Sept. 1, 5 p.m. – room 1228	Broadway
Culinary Arts Friday, Sept. 3, 9:30 a.m. – room 305 B	Downtown
Paralegal Saturday, Sept. 4, noon – room 203	Downtown
TESOL programs Tuesday, Sept. 7, noon – room 526	Downtown
Addiction and Community Counselling Skills Wednesday, Sept. 8, 6:30 p.m. – room 420	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).

Broadway campus is located at 1155 E. Broadway.

Visit **www.vcc.ca** or call **604.443.8453**.

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U.S. Open. Venus is back

▶ Venus Williams returns to Roberta Vinci yesterday at the U.S. Open.

CHARLES KRUPA/THE ASSOCIATED PRESS

Venus wins at U.S. Open, set to play Vancouver's Marino

Playing for the first time in two months after spraining her left kneecap, seven-time Grand Slam champion Venus Williams beat Roberta Vinci of Italy 6-4, 6-1 last night to reach the U.S. Open's second round. Williams will face Canadian qualifier Rebecca Marino in the second round. The 19-year-old Vancouver native earned her first Grand Slam main draw victory by defeating Russian Ksenia Pervak 6-4, 4-6, 7-5. "Obviously this is the biggest victory of my career," Marino said. "I can enjoy the win tonight but need to get ready for my second round tomorrow. I feel great about my game right now." THE ASSOCIATED PRESS

'Not guilty, your honour': Clemens

Case begins against baseball legend ◐ Charges include making false statements, perjury and obstruction of Congress ◐ Clemens still fighting allegations he cheated by doping

Roger Clemens put his right hand on the lectern, leaned down toward the microphone and made what might be the most important pitch of his life: "Not guilty, your honour."

Those words, uttered yesterday in a strong, confident voice by the seven-time Cy Young award winner sporting a black blazer and blond highlights in his hair, marked the official beginning of a court case that could taint baseball even further and land the "Rocket" in jail.

U.S. District Judge Reggie Walton presided over an arraignment hearing that lasted less than 14 minutes in the ceremonial courtroom at the U.S. federal courthouse, across the street from the Capitol.

Walton set April 5 as the start of jury selection — the Monday of the first full week of the 2011 baseball season, and also around the time a case involving Barry Bonds, the all-time home run king, could be wrapping up in San Francisco.

30
If convicted, Clemens could face up to 30 years in prison and a $1.5-million US fine.

Pete Rose, Darryl Strawberry, Dwight Gooden and Denny McLain are among former baseball stars to have spent time in jail.

Clemens and Bonds, who chased history on the field throughout their careers, now could be chasing history off it.

They are both in jeopardy of becoming the first baseball star jailed because of a conviction related to the performance-enhancing-drug imbroglio that has sullied their sport for much of the past 15 years.

As he has throughout the process, Clemens again fought any suggestion that he cheated during a 23-season career that ended with 354 wins and 4,672 strikeouts.

THE ASSOCIATED PRESS

White Sox add Manny for push

Back to frighten pitchers who haven't seen him regularly in a few years, Manny Ramirez will try to get the Chicago White Sox back to the playoffs.

As expected, the White Sox claimed the unpredictable but productive 12-time all-star slugger on waivers from the Los Angeles Dodgers yesterday, hoping his powerful bat can help them make a post-season push.

His first appearance for Chicago will come against the lowly Indians, the team where he began his career.

THE ASSOCIATED PRESS

DILIP VISHWANAT/GETTY IMAGES

▶ Manny Ramirez

Rugby player faces murder charge

South African rugby union player Bees Roux was charged with murder yesterday after allegedly beating a policeman to death in Pretoria.

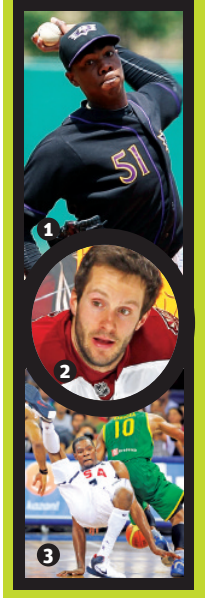
At a bail hearing in a courtroom crowded with police officers, Roux's lawyer said his client would plead not guilty.

The 28-year-old Roux claims his car was being stolen and he was acting in self-defence, said the lawyer, who also claimed his client's credit card had been used at a restaurant after he was placed in custody.

THE ASSOCIATED PRESS

4 sports

Sports in brief



1 Cuban defector Aroldis Chapman will be added to the Cincinnati Reds' bullpen for their playoff push.

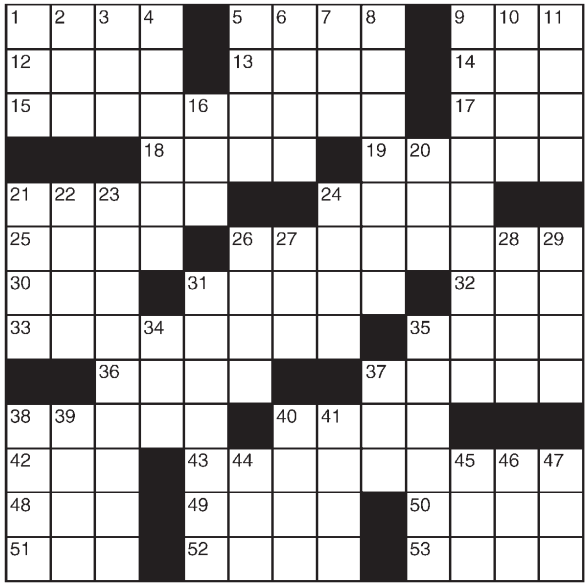
2 Veteran forward Lee Stempniak has officially signed a $3.8-million US, two-year contract with the Phoenix Coyotes.

3 The United States survived its first tough test at the world basketball championship, edging Brazil 70-68 yesterday.

THE ASSOCIATED PRESS

Scan code for sports

Crossword



Across

1 Fail to hit
5 Newspaper page
9 Taxi
12 Leading man?
13 Prepare a cassette role
14 Exist
15 Summertime tops
17 Wire measure
18 Abound
19 Perfect
21 Hidden supply
24 Seed covering
25 "An apple — ..."
26 Last page, perhaps
30 Aries
31 Song thrush
32 Mimic
33 All set
35 On the rocks
36 Skating arena
37 1990 Nicholson film, "The Two —"
38 Cow catcher?
40 Slender
42 Type measures
43 Soft cheese
48 Biblical verb suffix
49 MGM mascot
50 Mid-month date
51 Actress Myrna
52 Ova
53 Freebie

Down

1 "Big" fast food entree
2 McKinley's first lady
3 "Casablanca" pianist
4 Forge
5 Reed instrument
6 Date provider
7 — out a living
8 Wants
9 Phoenix mountain
10 Met melody
11 Phone inventor
16 Witness
20 Badly lit
21 Complain
22 Hebrew month
23 Averse to being photographed
24 Kind of wit or test
26 Gloomy
27 12-Across' mate
28 Duel tool
29 Cincinnati team
31 Handcuff
34 Cherry stone
35 — pentameter
37 Olympian Thorpe
38 Spool
39 Grooving on
40 Urban pollutant
41 Contact, for one
44 2009 newsmaking insurance co.
45 Tokyo's old name
46 Sleep phenom
47 Recipe meas.

▶ Yesterday's answer

B	U	S	S	■	O	F	F	■	T	E	E	S
O	R	A	T	O	R	I	O	■	E	T	A	L
A	N	T	E	A	T	E	R	■	A	U	R	A
■	■	■	A	S	S	■	E	A	S	I	L	Y
A	D	U	L	T	■	A	B	L	E	■	■	■
L	A	S	S	■	T	H	E	A	T	E	R	■
E	N	E	■	M	A	M	A	S	■	R	I	D
■	G	R	E	A	T	E	R	■	F	I	D	O
■	■	■	M	I	T	T	■	G	R	E	E	N
S	A	L	I	N	E	■	S	R	I	■	■	■
A	L	A	N	■	R	E	P	E	A	T	E	R
W	O	K	E	■	E	M	I	G	R	A	T	E
S	E	E	M	■	D	U	N	■	S	N	A	G

Sudoku

		7	4			3	5	
1						9		7
	4			8				6
	1				6	2		
			1		4			
		5	3				6	
6				3			7	
5		2						3
	7	3			8	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	9	7	4	1	5	3	6	8
1	3	4	9	6	8	7	5	2
6	5	8	2	7	3	4	1	9
3	4	5	1	2	7	8	9	6
9	7	1	5	8	6	2	4	3
8	6	2	3	4	9	1	7	5
7	8	9	6	3	4	5	2	1
5	2	3	7	9	1	6	8	4
4	1	6	8	5	2	9	3	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy birthday chels! I love you more than ever, good luck in school and I will see you on the 25th.
SHAUN

NOM, I love you deeply, madly and truly! Yours always and all ways!
BOM XOXOXOXOXO 10

Muscles, I love you so much. I miss you more everyday, and I hope someday we can work things out. I believe in us.
LOVE, TWIGGY XOXO

Life is good my Tall Mark and Handsome, Thanks for making my day always a bit brighter.
YOUR BLONDE CINDY BABY.

Nubbin I love you. Happy 5 month! You are the best thing that has ever happened to me. I'll love you forever. Love always,
TALLSTACK

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Today Rain 100% 15° / 14°
Wednesday Rain 90% 18° / 14°
Thursday Showers 60% 20° / 14°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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♈ Aries March 21-April 20 A creative or artistic project can be taken to a higher level over the next few days, but it will require patience and persistence as well as your usual awesome energy levels.

♉ Taurus April 21-May 21 If you have promised to do something for friend or family member then you have no option but to see it through to completion, even if you are now having second thoughts.

♊ Gemini May 22-June 21 If you get your act together and get to work over the next few days you will achieve something out of the ordinary. You have never lacked for ideas but you do sometimes lack for application.

♋ Cancer June 22-July 22 You are in one of your can-do moods at the moment and whatever goal you set your sights on will be reached in record quick time. Don't forget to bring other people into your plans as well.

♌ Leo July 23-Aug.23 Don't worry about whether or not you are doing the "right thing" today because in the greater scheme of existence the "right thing" is whatever you want it to be.

♍ Virgo Aug. 24- Sept. 22 There is something you should have finished weeks, maybe months, ago but for one reason or another never got round to completing. Now is the time to go back and get it done.

♎ Libra Sept. 23-Oct. 23 You will be extraordinarily dynamic today, so much so that others might start to wonder if you are on some kind of stimulant! The only stimulant you need is the realization that life is a wonderful adventure.

♏ Scorpio Oct. 24-Nov. 22 Try not to think too much about what you are doing today because you will do better when you just get on with it. Sometimes you over analyze the events of your life.

♐ Sagittarius Nov. 23-Dec. 21 Routine bores you at the best of times and if you have to follow a mapped out route today you may end up screaming. How did you get into this position?

♑ Capricorn Dec. 22-Jan. 20 You will be more energetic on a thinking level than a doing level today, and that's good because you need to get your head round certain ideas and concepts that don't come naturally to you.

♒ Aquarius Jan. 21-Feb. 18 Some people enjoy making a drama out of a crisis and it will be your job today to calm them down and point out that life is not so bad.

♓ Pisces Feb. 19-March 20 You should be promoting yourself for all you are worth now, not only because you are worth a great deal more than you have been getting but because you'll only get noticed if you make noise. SALLY BROMPTON

Caption contest

DEAN TREML/THE ASSOCIATED PRESS

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Deals of the week

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All-Inclusive • Deluxe rm.
Nov. 6 • 1 wk.
$939
+Taxes & other fees (including service charges): $285

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Nov. 6 • 1 wk.
$999
+Taxes & other fees (including service charges): $285

Los Cabos
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive
Junior suite deluxe
Dec. 19 • 1 wk.
$1429
+Taxes & other fees (including service charges): $278

MEXICO
Puerto Vallarta/ Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Nov. 6–27 • 1 wk.
$949
+Taxes & other fees (including service charges): $276

Ixtapa/Zihuatanejo
Tesoro Ixtapa • 3 1/2★
All-Inclusive • Deluxe rm.
Jan. 1 • 1 wk.
$1189
+Taxes & other fees (including service charges): $276

CUBA
Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Dec. 24 • 1 wk.
$1669
+Taxes & other fees (including service charges): $222

CUBA
Varadero

Allegro Varadero • 3★
All-Inclusive • Superior rm.
Dec. 31 • 1 wk.
$1039
+Taxes & other fees (including service charges): $222

JAMAICA
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1899
+Taxes & other fees (including service charges): $275

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 24 • 1 wk.
PRIVILEGES
$2079
+Taxes & other fees (including service charges): $275

FLIGHTS VIA TORONTO

DOMINICAN REPUBLIC
Samana

Grand Paradise Samana • 4★
All-Inclusive
Superior garden rm.
Sept. 12–26 • 1 wk.
$679
+Taxes & other fees (including service charges): $326

DOMINICAN REPUBLIC
Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Oct. 2, 16 & 23 • 1 wk.
$989
+Taxes & other fees (including service charges): $326

ANTIGUA
St. James's Club & Villas • 4★
All-Inclusive • Club rm.
Sept. 4, 11, 18 & 25 • 1 wk.
$1669
+Taxes & other fees (including service charges): $249

USA

LAS VEGAS
Monte Carlo Resort & Casino • 4★
Hotel rm.
Oct. 25 & 26 • 3 nts.
$369
+Taxes & other fees (including service charges): $135

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